



State Interagency Council for Services and Supports to Children and Transition-age Youth (SIAC)



A Word from Melissa Goins, Director, Division of Family Resource and Youth Services Centers

I love being in the people business. As a child, I was fascinated by human behavior and diversity. I was raised by a social worker and a probation/parole officer who were both first

SIAC's Mission: Promoting healthy children and transition-age youth across Kentucky: Building a collaborative system of care to promote children's and transition-age youth's social, emotional, and behavioral well-being where they live, learn, work, and play.

Lived Experience Spotlight



Joseph Robinson, Youth Rep
Jefferson County RIAC

Let's say you had the opportunity to change someone's life just by telling your story.

generation college students. We often talked about policy and its impact on people and situations that were familiar. I started my work at the Administrative Office of the Courts and learned so much that helped me personally and professionally. I was sad to leave my co-workers and leaders but could not pass up the opportunity to be a part of the Family Resource and Youth Services Center (FRYSC) program. I have always admired FRYSCs from afar and once I started working here, found the FRYSC coordinators and supportive staff more than lived up to the expectation. The FRYSC program aligns with System of Care Values in both formal and informal ways. Our FRYSC coordinators make attempts to be family-driven and youth-guided every day in our services. With the adoption standards of practice based on the Strengthening Families framework, our coordinators have a guidepost to ensure that prevention stays at the front of our work.

The selection of activities for our FRYSCs are driven very much by school and community needs. In addition, each of our FRYSCs have an advisory council that includes parents, students if appropriate, community members and school personnel. We believe the guidance the advisory council provides for our center budget and activities formalizes the family driven and youth driven SOC value. Our centers are 100% community based and have the flexibility to respond to emerging community needs. We also actively work to improve our programs to improve cultural and linguistic competence. Along with families and the support of their administrators, our FRYSCs accomplish things everyday that further educational goals in KY. I am particularly proud of the fact that as of July 1, 2021, our KY FRYSCs have expanded to cover all eligible schools across the state. This is only because our FRYSCs work in partnership with their local communities and families to make a difference. They are known for quality, responsive work and we can all be proud of that.

For more information on FRYSCs, please contact melissa.goins@ky.gov.

Program Spotlight - Kentucky Eating Disorder Council

Eating disorders are serious conditions related to persistent eating behaviors that negatively impact health, emotions and the ability to function in important areas of life. The most common eating

Would you do it and who would it impact? How would you approach them? It's hard talking to someone you just met. I am a black African American and the color of my skin is my first obstacle that I have to overcome in this society. I was 18 years old when I took my life in my own hands and ran away. I packed my stuff, threw it out my window and without a sound, I jumped out. Did I know where I was going? No, but I knew there was more to life than what I was doing.

I was determined to see what life had for me. I wondered what was out there in this world, just like any adolescent would. I left my home. My first stop was iHope (Helping Others Pursue Excellence) and I met two people and I explained to them that I was homeless and didn't have a place to go. They fed me, took care of me and let me sleep there but eventually, I ended up at the Salvation Army. I thought in my head, "What is this and where am I?" but what other choice did I have, I couldn't go back home. I met good people while I was in the shelter. Did I miss my family or did I think about them? Yeah, of course, who wouldn't?

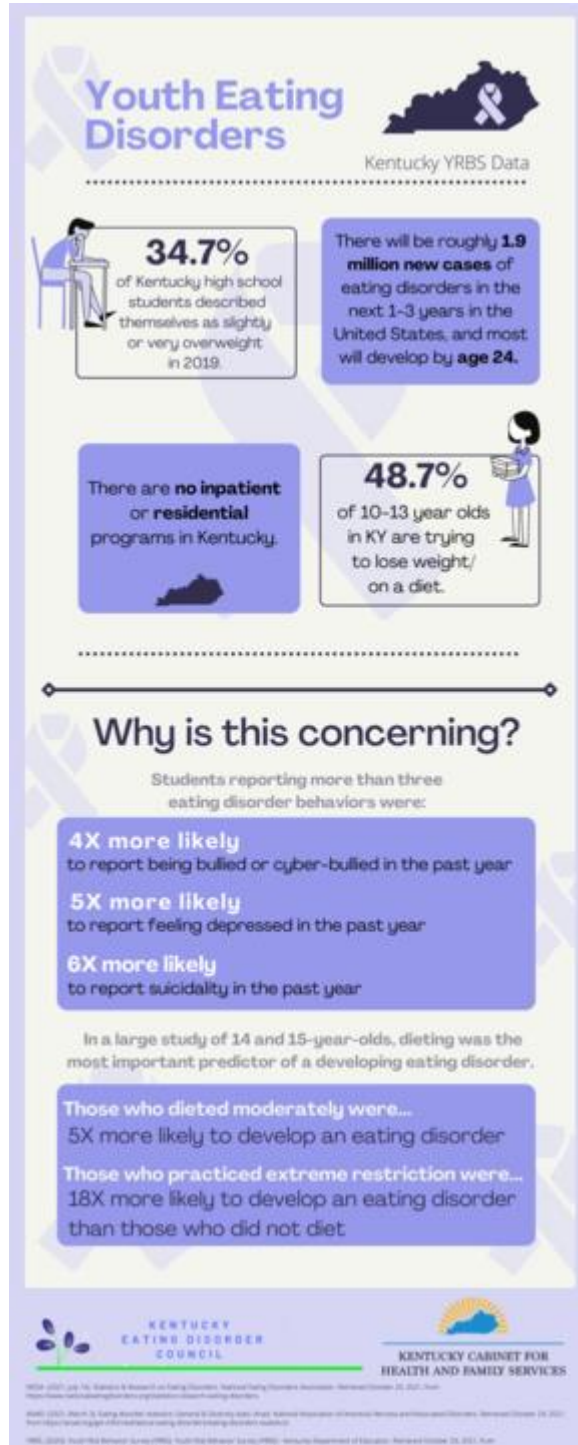
I wouldn't stay true to myself if I didn't talk about some of the barriers. The shelters felt like jail, like kicking people out because they bring in food. Another rule is that you have to wake up at 5a every morning, leave and then be back by 5p to get a bed. If you don't get there in time, you lose it. Now I was feeling like two worlds were against me. That's when I found TAYLRD and met Miss Brook, my second mama...she keeps me in mind. I was going to TAYLRD from 10a – 5p and I was still sleeping outside. This was a challenge in itself because people would steal my stuff. I had to sleep on cardboard in the cold, rain, snow, and sun. I have slept everywhere.

I knew I had to focus and get my own apartment so I went to TAYLRD and worked with my case manager and she helped me off the street and into a program so I didn't have to sleep outside. I was thankful for her and TAYLRD. After a year of going to TAYLRD and the program, I began to reflect on my life like, "Who am I that I get to leave the shelter and get my own place?" I was happy because I had hope that my life would change for the better. I worked with my case manager and went to the shelter for a couple more months and I got my first

disorders are anorexia nervosa, bulimia nervosa and binge-eating disorder.

Source: <https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teen-eating-disorders/art-20044635>

Youth Eating Disorders Statistics in KY



apartment. I was happy and excited for my life.

I was in my apartment for a year before I lost it. I was crushed; hurt...I really didn't know to feel. I was disappointed in myself. I was depressed; I took the money that I had at the time to get a hotel and when the money ran out, I went back to the shelter. I was mad that I had to go back. A couple of months pass and I was kicked out for bringing in food and now I have to sleep outside. I cried my eyes out and felt like the world was against me. I felt alone, no one to talk to, no one to say, "Hey, you can stay with me" I was once again homeless and outside.

What was I going to do? Who was I? What was I going to be? This is my story and my journey. I made it to see age 24 with my two apartments...most can't say that. But my recovery journey was long and hard but with faith and help, I made it through the storm and overcame obstacles.

Thank you for reading.

Editor's Note: Joseph lives in his own apartment now and serves as a leader on the Jefferson County RIAC as their Youth Representative. At RIAC, he shares his perspective and lived experience to help remove system barriers that youth and their families may encounter on a daily basis. Thank you, Joseph, for improving the system for those who may come behind you.

For more information on TAYLRD and iHope,
please
visit [https://www.dbhdid.ky.gov/dbh/youth-
adult.aspx](https://www.dbhdid.ky.gov/dbh/youth-adult.aspx)

The Kentucky Eating Disorder Council consists of 18 members who are appointed, including state government representatives, physicians,

psychologists, and those with lived experience. The Council meetings are held at least quarterly. If you would like to be a part of the Council or want more information, please contact Kate.Wagoner@ky.gov.



Future Meeting Dates

2022 Meeting Dates

2:00 p.m. – 4:00 p.m. EST

- January 26*
- February 23
- March 23

10 a.m. - 12 p.m. EST

- April 27*
- May 25
- June 22
- July 27*
- August 24
- September 28
- October 26*
- November 16
- December 14

*Commissioner-level meetings

May is Children's Mental Health Awareness Month



[Click Here for Ideas on Planning for the May 2022 Children's Mental Health Awareness Day](#)

We are committed to supporting our System of Care partner agencies and the families you serve throughout the Commonwealth. Please let us know how you have been impacted and the best way for us to support you. The infographic below is one of many resources on helping children after a natural disaster. Additional resource links are available below.



Helping Children After a Natural Disaster: Tips for Parents and Educators

Adults can help children manage their reactions after a natural disaster. Follow these key reminders and visit www.nasponline.org/natural-disaster to learn more.



Remain Calm and Reassuring

Children, especially young ones, take cues from adults. Acknowledge loss or destruction, but emphasize efforts to clean up and rebuild. Assure them family and friends will take care of them and over time things will get better.



Acknowledge and Normalize Most Feelings

Allow children to discuss feelings and concerns, but don't force them to talk about the disaster. Listen, empathize, and let them know most initial reactions are normal. Be attentive to, and obtain assistance for, feelings and concerns that may suggest that the child (or anyone else) is in harm's way.



Emphasize Resiliency

Competencies

Help children identify coping skills used in the past when scared or upset.

Strategies

Encourage prosocial behaviors and good physical health.

Awareness

Highlight communities that have recovered from natural disasters.



Strengthen Peer Support

Children with strong emotional supports are better able to cope with adversity. Especially among adolescents, peer relationships can decrease isolation and supplement support from caregivers who are experiencing their own distress.



Take Care of Your Own Needs

You will be better able to help children if you are coping well. Take time to address your own reactions as fully as possible. Talk to other adults, take care of your physical and mental health, and avoid using drugs or alcohol to feel better.



Seek Help for Prolonged Signs of Distress

With the help of naturally occurring social support systems, most children will be fine. However, some may have reactions requiring professional help. Consider getting professional support for children whose reactions continue or worsen after a week or more. Your child's school can be a great source of support.

Tornado Disaster Resources

[Recovery From Large-Scale Crises: Guidelines for Crisis Teams and Administrators](#)

[Restoring a Sense of Well-Being in Children After a Disaster](#)

[Large-Scale Natural Disasters: Helping Children Cope](#)

[Resources to Assist States/Territories Recovering from Natural Disasters Quick Resource Guide](#)

[Teacher Guidelines for Helping Students after a Tornado](#)

[Parent Guidelines for Helping Children after a Tornado](#)

[For Teens: Tornado Recovery Making Things Better](#)
[For Teens: Tornado Response Right After a Tornado](#)
[For Kids: Tornado Recovery Making Things Better](#)
[For Kids: Tornado Response Right After a Tornado](#)
[Managing the Stress of Children After a Disaster](#)



SIAC Standing Committees

Disabilities

Chair: Rhonda Logsdon
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Racial and Ethnic Disparities

Chair: Edward L. Palmer, Sr.
Staff: Dominique Clark
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Outreach and Promotion

Chair: Kate Overberg Wagoner
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Social and Emotional Health and Wellbeing

Chair: Christina Weeter
Staff: Vestena Robbins
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Note from the Racial & Ethnic Disparities (RED) Standing Committee:

The RED Standing Committee is looking for representation from all organizations involved in SIAC. Our goal is to have an intentional discussion about all of the RED work that is going on system-wide. We are looking for at least one (we welcome more) representative from every organization to be part of our committee as we continue to try and build the conversation about the work in the system of care around racial and ethnic disparities.

Contact Dominiqueclark@kycourts.net for more information.

Join a Standing Committee! They are open TO ALL!

For more information on the State Interagency Council, SIAC Standing Committees, or SIAC virtual meeting links, please contact Lea.Taylor@ky.gov



RIAC Learning Series

1ST FRIDAY EVERY MONTH

@ 10AM EST/9AM CST

FREE virtual training & information opportunities to support the work of RIACs and regional system of care efforts.

[Register for the RIAC Learning Series Here](#)

January 7, 2022

Family First Prevention Services Act & RIACs
Jenny Thornhill, DCBS

February 4, 2022

RIAC 101: The Basics
Vanessa Brewer, DBHDID and Lea Taylor, DBHDID

March 4, 2022

988 Updates/Suicide Prevention
Beck Whipple, Suicide Prevention State Coordinator

April 1, 2022

Kids Count Data & Action Planning
Dr. Tena Robbins, DBHDID

May 6, 2022

Getting more involvement from RIAC Members
TBD

June 3, 2022

Parent Involvement in Action
Joy Varney, BHDID; Amanda Metcalf, KPFC; Tamarsha Beckem, RIAC Parent Rep

[Register for the RIAC Learning Series Here](#)

[RIAC Resources & Trainings - YouTube](#)

For more information, please contact VanessaC.Brewer@ky.gov

Stay Informed about SIAC Initiatives! Sign up today for the SIAC Quarterly Newsletter!

SIAC Newsletter, December 2021



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